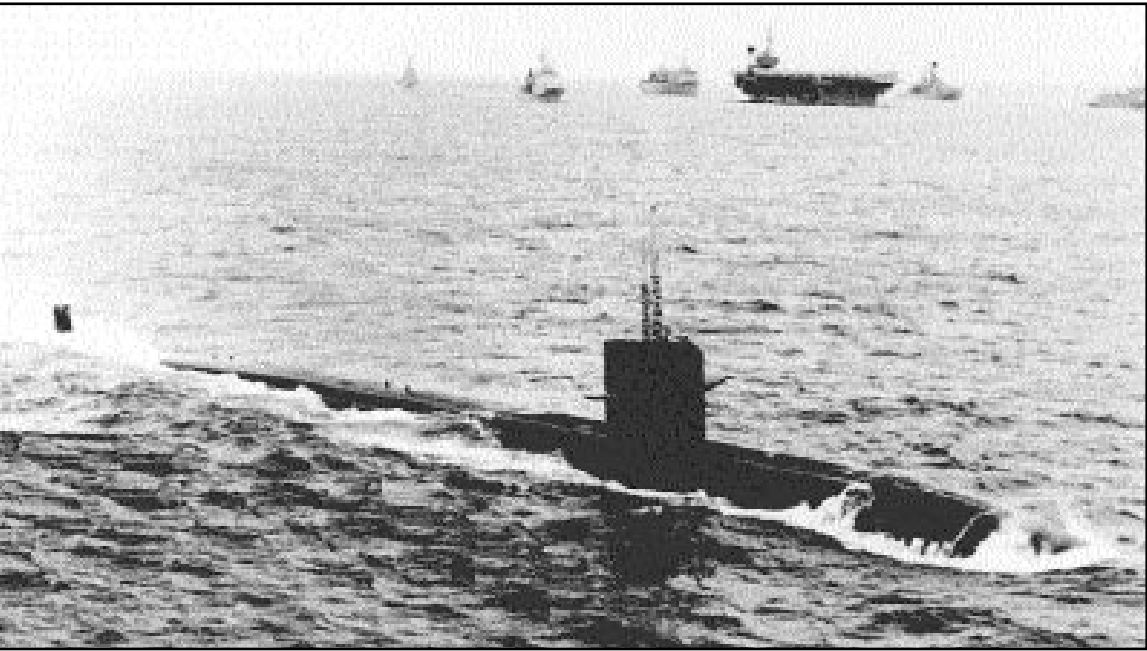


FLEET Focus

USS Louisville commemorates tomahawk launch



File photo

USS Louisville took part in the 1990 Tomahawk Cruise Missile strike against Iraq.

By USS Louisville Public Affairs

The end of the Cold War early last decade raised some question as to the value of attack submarines in the New World order. That all changed in January 1990.

Jan. 19 marked the 10th anniversary of the USS Louisville's (SSN 724) historic Tomahawk Cruise Missile Strike in the opening phase of Operation Desert Storm. At the time, Tomahawk strikes from SSN's were untested and the Vertical Launch System (VLS) was unproven in combat.

The ship's success in Desert Storm paved the way for SSN strike operations and the fleet subsequently adopted many of Louisville's innovations.

To commemorate the 10th anniversary of the strike, Capt. Mel Williams, Commander,



Carrier Group Five Chief of Staff, Louisville's executive officer during the historic strike, presented the ship with a vial of Red Sea water, which he had obtained during the strike.

He also presented a copy of the congratulatory message sent to Louisville by the Chief of Naval Operations which read, "You were tasked with and effectively completed several critical missions of the utmost importance to national objectives in support of Operation Desert Storm.

Your superb execution of all of these tasks, including the historic first wartime submerged launch of a cruise missile, significantly contributed to the broad success enjoyed by the Allied Forces assigned to CENT-COM".

Louisville continued to carry on its proud strike heritage, successfully launching two Tomahawk Cruise Missiles in May 2000, to complete the operational evaluation of the new CCS MK BLK 1C Fire Control System.

USS Louisville is currently deployed to the Western Pacific and is a member of Submarine Squadron Three based at Pearl Harbor, Hawaii.

Cutting down on sugar helps diet, oral hygiene

By Cmdr. Nicholas Mazzeo
National Naval Dental Center

BETHESDA, Md. (NWS) — Sugar comes in many different forms, including granulated, cubed, brown, powdered, dissolved and liquid. Recent studies have dispelled the notion that sugar directly causes the maladies it was once rumored to, such as diabetes and hyperactivity. The one disease process that sugar, or any fermentable carbohydrate, is still correlated with is tooth decay.

Sugar does not directly cause dental decay. Oral bacteria use the dietary sugar to produce acidic by-products that actually cause the destruction of the tooth's enamel.

el. Enamel is the hardest substance in the human body; it is therefore, quite evident that these bacterial by-products can be very harmful to teeth.

Reducing the amount of dietary sugar intake is one way to help prevent tooth decay. Gummy bears, fruit roll-ups, taffy, licorice, raisins, dried fruit, candy and sugared chewing gum are not good choices for snacks because they stick to the teeth and contain concentrated sugars.

More nutritious snacks include fresh fruit and vegetables, cheese, popcorn, nuts and sugarless gum.

Carbonated soft drinks should be consumed in moderation since they are very

acidic and they are also high in sugar. Better selections for children's beverages include milk, water and natural fruit juices. Infants should not be put to sleep with a bottle containing a fermentable carbohydrate (milk or juice) because its prolonged use may cause tooth decay.

Additionally, bottle usage during infant sleeping may increase the risk for ear infections and lead to a medical emergency if the bottle's contents are aspirated. Trying to fully eliminate sugar from the diet is not an easy task; moderation is the key.

Reducing the number of oral bacteria by daily brushing and flossing is another way to decrease the risk of

dental decay.

Children often lack the manual dexterity to properly clean their teeth until the age of six. Parents should brush for their young children before bedtime and supervise their older children to ensure that proper oral hygiene is being performed daily.

Toothpaste should not be used for children under the age of four because most children cannot spit prior to this age and the toothpaste is ingested unnecessarily.

A soft-bristled toothbrush should be used and it should be replaced every three months. Flossing is a very important part of the oral hygiene regimen because tooth brushing cannot get in between the teeth.

tween the teeth.

Flossing should be performed nightly, preferably before brushing. Parents should floss their children's teeth because most kids do not develop the manual dexterity to floss until the age of 10.

Well over 50 percent of U.S. children below the age of 17 are totally cavity-free. This is an obtainable goal for your child.

Establishing good dietary habits, monitoring oral hygiene by parental supervision, providing fluoride if not locally available, and regular dental visits all help your child develop good oral practices early on to prevent future dental disease.

Bush pledges more money for military pay, housing, healthcare

By American Forces Press Service

FORT STEWART, Ga. (NWS) — In keeping with his commitment to retain high quality Sailors, soldiers, Marines and airmen, President George W. Bush announced Feb. 12 a significant increase in funding for quality-of-life issues affecting U.S. service members.

Speaking to a group of roughly 6,000 3rd Infantry Division service members and their family members here, Bush pledged an additional \$5.7 billion in 2002 to be spent between military pay increases and improving military housing and healthcare.

The President got a rousing round of applause when he announced he plans to spend \$1.4 billion on a pay raise for service members — "pay increases on top of the increases the Congress passed (during) the last couple budget cycles," he said.

Bush also said he plans to spend \$400 million on military housing and an additional \$3.9 billion to improve healthcare.

But he really gained the crowd's support with a well-timed "hoo-ah!" The service members' responding shout was deafening. "Because of you, America is secure. Because of you, the march of freedom continues," Bush said. "Our nation can never truly repay our debt to you. But we can give you our full support and my administration will."

He said the nation owes its service members and their families a decent quality of life, necessary training and equipment and solid defense policies.

"When we send you into harm's way, we owe you a clear mission with clear goals," he said. Bush called the service members the foundation of America's military readiness.

"But while you're serving us well, America is not serving you well enough," he said.

The President said problems like low pay and poor housing reach across the services with predictable results. "Frustration is up, while morale and recruitment are down," he said.

"This is not the way a great nation should reward courage and idealism," Bush said. "It's ungrateful, it's unwise and it is unacceptable."

The President opened his speech by asking for prayers for the nine people missing since Feb. 9 when a U.S. submarine surfaced under a Japanese fishing vessel off Hawaii and sank it. He called for a moment of silence for "those missing, their families and our friends, the people of Japan."

USS Hopper PT Coordinator pushes self, shipmates

By Ens. Charla Schreiber
USS HOPPER PUBLIC AFFAIRS

At 46, Electronic Technician Chief (SW) William R. Johnson has the peculiar honor of being the oldest Sailor aboard USS Hopper (DDG 70). He is also close to being the shortest at 5'2". Some may find it ironic then, that he is the command's physical training coordinator, responsible for keeping the crew in shape and meeting Physical Readiness Test (PRT) standards.

There is nothing that holds him back in this role of pushing people to their physical limits.

Since the beginning of the year, Hopper has run a vigorous PT program designed to give the crew exercise time during the workday and promote improved health and fitness. Johnson is the force behind the initiative as he leads half of the ship in PT each morning.

Among a crew whose average age is in the low 20's, Johnson always manages to make them sweat. Whether it be by the meticulous form of his push-ups or how he monitors the jogging route from his mountain bike, this chief is keeping Sailors tough!

His interest in physical fitness started long ago on the wrestling mats of his high school in Pittsburgh, Pennsylvania. Nineteen years after joining the Navy, his dedication is still as strong as ever.

These days his challenge isn't an opponent, it's motivating young Sailors to discipline and push themselves.

In turn, he says, "They keep me young."



Ens. Charla Schreiber photo

Electronic Technician Chief (SW) William R. Johnson, physical training coordinator aboard USS Hopper (DDG 70), motivates his shipmates during morning PT.

Navy increases enlistment educational incentives

By Navy Recruiting Command
Public Affairs

MILLINGTON, Tenn. (NWS) — The Navy is offering a new round of signing bonuses worth up to \$20,000 and educational incentives worth up to \$50,000, available to recruits who sign up after Feb. 1 and leave for recruit training by May 31.

This bonus is an increase over previous cash amounts. It is also now available to a larger number of occupational job specialties with bonus increases between \$1,000 and \$6,000.

Those who qualify can receive \$3,000 to \$14,000 in bonuses, paid upon successful completion of required training. To be eligible for the bonus, applicants must qualify for the job and have a high school diploma or GED (general equivalency diploma).

All Sailors with high school diplomas or GEDs (earned by the end of

their first enlistment) qualify for the Montgomery G.I. Bill (MGIB). High school diploma graduates who earn a qualifying score on the Armed Services Vocational Aptitude Battery (ASVAB) could more than double the MGIB benefit by choosing an eligible rating and the Navy College Fund (NCF) Option.

Qualified applicants choosing an enlistment term of four years or more can receive \$30,000, \$40,000, or \$50,000 in conjunction with the

MGIB toward their future education. Some skills also offer a combination of signing bonus and NCF.

For those who have already started college and are looking to pay back federally-funded student loans, qualified applicants entering eligible skill areas can receive up to \$10,000 to pay back the principal on loans.

For more information about Navy opportunities, contact a Navy Recruiter at (888) 633-9674 or via email at mailto:bonus@cnrc.navy.mil.

AAFES tests program to eliminate Social Security numbers on checks

By AAFES Public Affairs

DALLAS (NWS) — In today's financial climate, where the issue of personal privacy is of the utmost importance, the issue of social security numbers on checks is fast becoming a major concern among shoppers everywhere. Army and Air Force Exchange Service (AAFES) customers are no different and share in the concern that the use of social security numbers on

checks is an open invitation for identity theft.

In an effort to eliminate the need for social security numbers on checks, AAFES has set up a three-phase process. The first phase was a pilot "proof-of-concept" test conducted in November 2000 at five military installations. These sites were at the headquarters AAFES store in Dallas, and the Fort Sam Houston Military Clothing Sales Store (MCSS), Service Station and

Shoppette; and the Lackland AFB MCSS, Shoppette and Autoprize in San Antonio, Texas.

Currently, AAFES cashiers enter the social security number of the sponsor of the check. Under the new system, the social security number of the person presenting the check will be entered by taking the social security number off the presenter's ID card, but the social security number will not be required on the

check.

The check will be scanned using "magnetic ink character recognition" reader technology, reading the routing number, account number and check number.

The testing period for what AAFES calls its "check acceptance test" began in early February at the exchanges in San Antonio and is expected to run through late February. If the program goes as expected, a worldwide rollout is

planned to start in early April.

"It is AAFES' policy to take every practical step to ensure the privacy of the service members, retirees and the family members we serve," said Tim Bailey, chief of AAFES' management information systems fiscal support branch. "AAFES has made this commitment as a part of our mission to better serve our customers throughout the world," he said.